

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

7-9
H-155 PL
Reserve
UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.

Planning Farm Family Living

As a help in judging the adequacy of current farm family living and as a basis for planning its improvement, the following pages bring together the various guides now available. This material presents food budgets suited to different levels of expenditure or home production programs, and states their cost at average retail prices for the United States. It also includes suggested clothing budgets, and figures on customary expenditures for other items at several levels of farm family living.

Research in nutrition has afforded much information on wise food selection from the standpoint of bodily needs. This information has been translated into lists of different foods and the quantities of each needed for health, according to several levels of family living. Unfortunately, there are no such scientific standards for clothing, fuel, medical care, or for the other goods and services needed to maintain a family in health and to help families make a satisfactory adjustment to their social environment. To solve the problem of evaluating family consumption of goods and services other than food, students of family economics still turn to customary usage as a substitute for scientific standards.

"Commodity budgets," or lists of goods and services with the quantities customarily used over a given period of time, have been set up and adapted to conform to such standards of adequacy as are available. Such budgets are of value as a rough guide but must be used with discretion. No commodity budget would be suitable for use throughout the whole United States, because climate, customs, and standards, and other factors bring about differences in ways of living in different localities. In addition, a commodity budget which depicts customary consumption of a given type of family in a given locality would have to be adjusted for use in helping a specific family, since number of members, and their age, health, and occupation would affect the goods and services they use. Racial and religious characteristics of the individual family also may have their effect.

It is sometimes suggested that family consumption be judged on the basis of money needed to provide necessities of life. This is not feasible because of the difficulty of establishing a money standard. The amount of money needed by any family is affected not only by all the factors affecting the commodity budget, but by others as well. A given list of goods and services will vary in cost from time to time as price levels change, and from place to place at any one time. Limited stocks of goods in a given market may lessen the buyer's opportunities to purchase at low prices, as when the only general store in a small town provides but one grade of overalls at a price higher than is charged in a larger city.

For farm or village families who produce some of the goods and services they use, total money expenditures are less of a gauge in judging value of living than for urban families. One family may raise much of its food, and another little, because of type of land or for other reasons. Hence, the establishment of a cash value standard for evaluating living of low-income farm families, in all localities, is impossible.

Recognizing this fact, the educator or social worker interested in farm family welfare will be wary of using expenditures, except as a general guide. When used they should be based upon a list of goods and services suited to the needs of families in that locality and to local farm production possibilities, and should be adjusted to local market stocks and current prices. And as a last step, as has been said, adjustments to specific families are essential.

FOOD

A technical bulletin of the Bureau of Home Economics, U. S. Department of Agriculture, Circular 296, which describes four diets that differ in nutritive content and in cost, has been a valuable aid in the planning of food budgets. The names used to designate these four plans are: "a liberal diet," "an adequate diet at moderate cost," "an adequate diet at minimum cost," and "a restricted diet for emergency use." The following material discusses these four and two additional diet plans which are designated as "Diet plan A" and "Diet plan B." The last two have been developed especially for low income farm families.

These six plans offer help on the food budget to farm families at all levels of living. Many families will find that one or another of the plans will fit their circumstances perfectly. Others may work out a food budget that lies somewhere between two of the six plans suggested.

The kind of a diet plan a farm family adopts usually depends both upon the cash income and the possibilities of food production for home use -- the size of the garden and orchard, the amount of grain products and of sirups that can be produced, the size of the poultry flock, and the number of animals available for the family food supply. The home production program is, of course, affected by the size of the farm, the condition of the land, climatic conditions, the season of the year when the planning for food production is first done, and the amount of capital and labor that has been or can be invested.

LIBERAL AND MODERATE-COST PLANS

For the farm family to have an excellent food supply requires careful planning, but the returns from such planning make it worth while. In the first place, a good diet the year around helps to develop and maintain physical well being. And in addition, there are the esthetic satisfactions that come from sitting down to a table which offers well prepared, nicely served, superior food. Both the esthetic and the material values contribute to the quality of living.

Of the six diet plans presented in the following pages, the liberal diet is the best and the moderate-cost diet is second in choice. Farm families who can afford to do so should, therefore, aim toward one or the other of these two plans or to some point between. They are suitable for families with considerable capital and a going food production program.

The liberal diet, as its name implies, provides very generously for all of the food requirements. It contains an abundance of fruits and vegetables, lean meat, and eggs, as well as a generous allowance of milk. The liberal diet allows for better-than-average nutrition, because it provides more than amply for the items necessary for growth, health, and general well being. It supplies in the course of the day or the week the following amounts of different foods, per person:

Milk: 1 quart daily for each child)
1 pint for each adult) to drink or in cooked food

Vegetables and fruits (some raw): 6 or 7 servings per person daily
1 serving daily of potatoes or sweetpotatoes
1 serving daily of tomatoes or citrus fruit
9 to 10 servings a week of leafy, green, or yellow vegetables
(once a day, sometimes twice)
9 to 10 servings a week of other vegetables or of leafy,
green, and yellow kinds
9 to 10 servings a week of fruit

Eggs: 4 to 6 times a week; also some in cooking

Meat, fish, or poultry: once a day; sometimes twice

Bread, butter, cereals, and dessert: as desired, so long as they do not displace the protective foods -- milk, eggs, citrus fruits or tomatoes, and green and yellow colored vegetables

The second plan, adequate diet at moderate cost, provides all of the different nutrients in sufficient quantities to keep adults and children in good nutritional condition, with a surplus for safety. It contains a generous amount of milk and plenty of vegetables, fruits, eggs, and lean meat, so that it allows for considerable variety from meal to meal and from day to day, as the following list shows:

Milk: 1 quart daily for each child)
1 pint for each adult) to drink or in cooked food

Vegetables and fruits (some raw): 4 1/2 to 5 servings per person daily
1 serving daily of potatoes or sweetpotatoes
1 serving daily of tomatoes or citrus fruits
1 serving daily of leafy, green, or yellow vegetables
1 serving daily of fruit
3 to 5 servings a week of other vegetables or of fruit

Eggs: 2 to 3 times a week for adults; 4 to 5 times for young children; a few in cooking

Meat, fish, or poultry: about 5 times a week. (Once a day if the meat dish is sometimes a meat and cereal combination so that the weekly meat allowance is not exceeded.)

A cereal dish daily

Bread and butter at every meal

Dessert once a day, sometimes twice, if desired.

The figures in table 1 provide the basis for working out the quantities of food needed by a family of any size and composition for a year, according to the plan for the liberal diet and for the adequate diet at moderate cost. The per capita figures in the last two columns are useful in calculating food needs for large population groups.

The quantities of food stated in table 1 allow for no waste in harvesting or for spoilage in storage, and for only about 5 percent of table waste. For these reasons and because in many homes allowance should be made for extra meals served to guests or to seasonal help, it is desirable after working out the family food budget from the above figures to increase the amount of home produced food from 15 to 50 percent.

Table 1.- Liberal diet and adequate diet at moderate cost: Approximate yearly quantities of food for individuals of different age, sex, and activity; and average yearly quantities on a per capita basis

LIBERAL DIET

Item	Child under 4 years	Boy 4 to 6 years; girl 4 to 7 years	Boy 7 to 8 years; girl 8 to 10 years	Boy 9 to 10 years; girl 11 to 13 years	Boy 11 to 12 yrs. girl over 13 yrs.; to 15 yrs.; actively active woman	Active boy 15 years	Moderately active man	Very active man	Per capita basis	
									Adults 18 to 59 yrs. counted moderately active	Adults 18 to 59 yrs. counted very active
Flour, cereals.....	45	55	65	65	65	105	125	200	85	115
Milk, or its equivalent $\frac{1}{2}$	365	365	365	365	$\frac{2}{3}$ 365	$\frac{2}{3}$ 365	182	182	305	300
Potatoes, sweetpotatoes.....	100	100	100	100	110	150	150	350	130	190
Dried beans, peas, nuts.....	-	2	3	5	5	10	10	10	5	7
Tomatoes, citrus fruits.....	75	75	80	90	110	120	120	120	105	105
Leafy, green, yellow vegetables..	60	75	90	90	120	150	180	180	130	140
Other vegetables, fruits.....	165	225	340	350	375	475	550	550	400	430
Fats $\frac{3}{4}$	10	15	27	35	40	65	65	75	45	60
Sugars $\frac{4}{5}$	7	15	30	35	40	75	75	115	50	70
Lean meat, fish, poultry $\frac{5}{8}$	10	40	90	120	150	200	220	250	155	170
Eggs.....	25	30	30	30	30	30	30	30	30	30

ADEQUATE DIET AT MODERATE COST

Flour, cereals.....	60	80	110	120	120	170	220	290	150	180
Milk, or its equivalent $\frac{1}{2}$	365	365	365	365	$\frac{2}{3}$ 365	$\frac{2}{3}$ 365	182	182	305	300
Potatoes, sweetpotatoes.....	100	100	100	110	125	160	160	350	140	200
Dried beans, peas, nuts.....	-	7	10	15	15	30	30	35	20	25
Tomatoes, citrus fruits.....	75	75	75	90	90	100	100	100	90	100
Leafy, green, yellow vegetables..	60	75	90	90	110	110	100	100	100	100
Other vegetables, fruits.....	125	150	200	250	300	420	445	470	325	350
Fats $\frac{3}{4}$	10	15	28	35	42	65	65	95	45	60
Sugars $\frac{4}{5}$	7	15	30	40	45	75	75	115	50	70
Lean meat, fish, poultry $\frac{5}{8}$	-	25	60	75	90	110	125	150	90	100
Eggs.....	20	20	20	20	15	15	15	15	15	17

$\frac{1}{2}$ Approximately equivalent to the food value of 1 quart of fluid whole milk; 17 ounces of evaporated milk; 1 quart of fluid skim milk and $\frac{1}{2}$ ounces of butter; 5 ounces of American Cheddar cheese; $\frac{4}{5}$ ounces of dried whole milk; $3\frac{1}{2}$ ounces of dried skim milk and $\frac{1}{2}$ ounces of butter.

$\frac{2}{2}$ For the adult woman this may be reduced to 182 quarts. The pregnant or nursing mother should have the full quota of 365 quarts.

$\frac{3}{3}$ Including butter, oils, bacon, and salt pork.

$\frac{4}{4}$ 1 pint ($1\frac{1}{2}$ pounds) of molasses or heavy cane or sorgo sirup is approximately equivalent in fuel value to 1 pound of granulated sugar. The unrefined molasses and sirups are also valuable for their calcium and iron content.

$\frac{5}{5}$ Quantities refer to trimmed retail cuts of pork, beef, veal, lamb and mutton, to dressed poultry or fish, and to canned meat products.

DIET PLANS A AND B

Two special plans, A and B, have been worked out for farm families with less capital and fewer facilities for the home production of food. These may be of interest to the family that has just moved to the farm or the family that is engaged in some form of specialized farming that does not lend itself to a thoroughgoing live-at-home program.

Plan A is suitable for the low-income family that can have a large garden, perhaps some orchard or small fruits, and a milk cow, but is not in a position to produce much if any meat, eggs, sirups or grain products. This plan suggests more potatoes and as much of all other vegetables and of fruits as the liberal diet. In flours and cereals, milk and fat, it resembles the minimum adequate diet described on page 9 and in sugars, lean meat, poultry and fish, and eggs, plan A resembles the restricted diet (see p. 10). It provides servings of different foods per person for the day or the week as follows:

Milk: 1 quart daily for each young child)
3/4 of a quart daily for each child over four) to drink or in
1 pint for each adult) cooked food

Vegetables and fruits (some raw): 6 to 7 servings per person daily
10 to 11 servings a week of potatoes or sweetpotatoes (once a day, sometimes twice)
1 serving daily of tomatoes or citrus fruit
9 to 10 servings a week of leafy, green, or yellow vegetables
9 to 10 servings a week of other vegetables or of leafy, green and yellow kinds
9 to 10 servings a week of fruit

Eggs: once a week, sometimes twice, for adults; twice a week for children under four

Meat, poultry or fish: 2 servings a week (more frequently if the meat dish is often a meat and cereal or meat and potato combination so that the weekly meat allowance is not exceeded).

A cereal dish once a day, sometimes twice.

Bread at every meal; butter at some meals.

Dessert: once a day, sometimes twice; fruit, cookies, simple cake, shortcake, and inexpensive pastries are suitable.

Plan B assumes a somewhat smaller garden and less orchard and small fruit than plan A, but suggests somewhat more home-produced lean meat, poultry, eggs, and sweets than plan A. In fruits, vegetables and eggs plan B resembles the moderate cost adequate diet and in most other respects the minimum cost adequate plan. Plan B provides, per person per day or week, the following number of servings of different kinds of food:

Milk:	1 quart daily for each young child	} to drink or in cooked food
	3/4 of a quart daily for each child over four	
	1 pint for each adult	

Vegetables and fruit (some raw): 4 1/2 to 5 servings per person daily
1 serving daily of potatoes or sweetpotatoes
1 serving daily of tomatoes or citrus fruits
1 serving daily of leafy, green, or yellow vegetables
1 serving daily of fruit
3 to 5 servings a week of other vegetables or of fruit

Eggs: 2 to 3 times a week for adults; 4 to 5 times for young children;
some in cooking.

Meat, poultry, or fish: 3 to 4 times a week (more frequently if the meat dish is often a meat and cereal or meat and potato combination so that the weekly meat allowance is not exceeded).

A cereal dish once a day, sometimes twice.

Bread and butter at every meal.

Desert once a day, occasionally twice, if desired and if it does not displace the protective foods.

The figures in table 2 provide the basis for working out the quantities of food needed by a family of any size and composition for a year, according to plan A and according to plan B. The per capita figures in the last two columns are useful in calculating food needs for large population groups.

The quantities of food stated in table 2 allow for no waste in harvesting or for spoilage in storage, and for only about 5 percent of table waste. For these reasons and because in many homes allowance should be made for extra meals served to guests or to seasonal help, it is desirable after working out the family food budget from the above figures to increase the amount of home-produced food from 15 to 50 percent.

Table 2.-- Diet plans A and B: Approximate yearly quantities of food for individuals of different age, sex, and activity; and average yearly quantities on a per capita basis

DIET PLIN 2

Item	Child under 4 years	Boy 4 to 6 years; girl 4 to 7 years	Boy 7 to 8 years; girl 8 to 10 years	Boy 9 to 10 years; girl 11 to 13 years	Boy 11 to 12 yrs. girl over 13 yrs.; moder- ately active woman	Active boy 13 to 15 years; very active woman	Moder- ately active man	Very active man	Per capita basis	
									Adults 18 to 59 yrs. counted moder- ately active	Adults 18 to 59 yrs. counted very active
Flour, cereals.....	70	100	150	170	175	260	260	435	195	260
Milk, or its equivalent 1/.....	365	365	273	273	2/273	273	182	182	260	265
Potatoes, sweetpotatoes.....	120	132	150	168	168	192	192	360	155	220
Dried beans, peas, nuts.....	-	8	18	20	25	30	40	50	25	30
Tomatoes, citrus fruits.....	75	75	80	90	110	120	120	120	105	105
Leafy, green, yellow vegetables..	60	75	90	90	120	150	180	180	130	140
Other vegetables, fruits.....	165	225	340	350	375	475	550	550	400	430
Fats 3/.....	10	14	26	34	38	63	77	96	45	60
Sugars 4/.....	8	20	30	40	45	70	70	80	50	55
Lean meat, fish, poultry 5/.....	-	5	15	22	28	35	40	50	25	30
Eggs.....	10	10	10	8 1/2	8 1/2	7 1/2	6	6	10	10

DIET PLAN B

[illegible]

1/ approximately equivalent to the food value of 1 quart of fluid whole milk: 17 ounces of evaporated milk; 1 quart of fluid skin milk and $1\frac{1}{8}$ ounces of butter; 5 ounces of American Cheddar cheese; $\frac{1}{2}$ ounces of dried whole milk; $3\frac{1}{2}$ ounces of dried skin milk and $1\frac{1}{2}$ ounces of butter.

2/ For the adult woman this may be reduced to 122 quarts. The pregnant or nursing mother should have 365 quarts.

3/ Including butter, oils, bacon, and salt pork.

4/ 1 pint (1½ pounds) of molasses or heavy cane sirup is approximately equivalent in fuel value to 1 pound of granulated sugar. The unrefined molasses and sirups are also valuable for their calcium and iron content.

5/ Quantities refer to trimmed retail cuts of pork, beef, veal, lamb and mutton, to dressed poultry or fish, and to canned meat products.

MINIMUM-COST ADEQUATE AND RESTRICTED DIETS

The last two plans, known as the adequate diet at minimum cost and the restricted diet for emergency use, are suggested when practically no food is supplied by the farm and there is very little cash for buying food. One or the other of these plans is especially useful when a low income farm family is just getting started and has not had time to put in even a small garden or when a good food production plan meets with disaster because of drought, flood, hail, or frost. At such times it is often useful to know what is the cheapest fare a family could buy to tide it over for a few weeks or months.

The better of these two is the minimum cost, adequate diet. It will maintain nutritional health over an indefinite period of time, but it is not as good a diet as most farm families can afford to have. In order to meet all nutritional needs as cheaply as possible, this diet has a large quantity of cereal products and milk as its basis. Just enough of vegetables, fruits, eggs, and lean meats are used to supply vitamins, minerals, and protein not adequately furnished by bread and milk, and enough of fats and sweets are included to round out the calories. The choice among the different kinds of food is considerably limited by cost, and careful selection among the most nutritious of the less expensive kinds is essential. The list which follows indicates the number of servings of different foods per person for the day or the week:

Milk: 1 quart daily for each young child)
3/4 of a quart daily for each child over four) to drink or in
1 pint for each adult) cooked food

Vegetables and fruit (some raw): from 3 to 4 servings per person daily.

8 to 9 servings a week of potatoes and sweetpotatoes (once a day, sometimes twice).

2 to 3 servings a week of tomatoes (or of citrus fruits in season) for each adult and child over four; 4 tablespoons of tomato juice or 2 tablespoons of orange juice daily for each child under four.

5 to 6 servings a week of leafy, green, or yellow vegetables

2 to 3 servings a week of dried beans, peas, or peanuts

1 serving daily of fruit or an additional vegetable (including some leafy, green, or yellow kinds).

Eggs: 2 to 3 times a week for adults; 4 to 5 times for young children; a few in cooking.

Meat or fish: 3 to 4 times a week (more frequently if the meat dish is often a meat and cereal combination is that the weekly meat allowance is not exceeded).

A cereal dish once a day, sometimes twice.

Bread at every meal; butter at some meals.

Dessert about once a day if desired; cereal pudding, cookies, simple cake, shortcake, and inexpensive pastries and fruits are suitable

The restricted diet plan is suggested only for emergency use, because it may not provide a sufficient surplus of protective foods (milk, eggs, citrus fruits, and green vegetables) to insure good health over an indefinite period of time. Because of the very limited quantity of the protective foods it contains, wise choice among the cheapest most nutritious foods must be made for this diet. Even with its shortcomings, it is a better diet for the amount of money it costs than would be obtained by choosing foods at random, and it does allow for some variety as the following list shows:

Milk: 1 pint daily for each child)
1 cup for each adult) to drink or in cooked food

Vegetables and fruits (some raw): about 2 1/2 to 3 servings daily
8 to 9 servings a week of potatoes and sweetpotatoes (once a day, sometimes twice).

2 to 3 servings a week of tomatoes (or of citrus fruits in season)
for each adult and child over four; 4 tablespoons of tomato juice or 2 tablespoons of orange juice daily for each child under four.

3 small servings a week of leafy, green, or yellow vegetables
2 to 3 servings a week of dried beans, peas, or peanuts
3 to 4 small servings a week of other vegetables or fruits

Eggs: once a week for adults, twice for children under four.

Meat or fish: 2 servings a week (more frequently if the meat dish is often a meat and cereal combination so that the weekly meat allowance is not exceeded).

A cereal dish at least once a day, usually twice

Bread in some form at every meal, butter at some meals

Dessert occasionally; cereal pudding, gingerbread, or one-egg cake, and dried fruits or other inexpensive kinds are suitable.

This diet can and should be improved as soon as possible by increasing the quantity of the protective foods like milk, eggs, tomatoes or citrus fruits, leafy, green, or yellow vegetables, or by adding more meat. It can also be improved by using at least half of the cereals in the form of whole grain products.

The figures in table 3 provide the basis for working out the quantities of food needed by a family of any size and composition for a year, according to the minimum-cost adequate and the restricted diet plans. The per capita figures in the last two columns are useful in calculating food needs for large population groups.

The quantities of food stated in table 3 allow for no waste in harvesting or for spoilage in storage, and for only about 5 percent of table waste. For these reasons and because in many homes allowance should be made for extra meals served to guests or to seasonal help, it is desirable after working out the family food budget from the above figures to increase the amount of home-produced food from 15 to 50 percent.

Table 3.—Adequate diet at minimum cost and restricted diet for emergency use: Approximate yearly quantities of food for individuals of different age, sex, and activity; and average yearly quantities on a per capita basis

ADEQUATE DIET AT MINIMUM COST

Item	Child under 4 years	Boy 4 to 6 years; girl 4 to 7 years	Boy 7 to 8 years; girl 8 to 10 years	Boy 9 to 10 years; girl 11 to 13 years	Boy 11 to 12 yrs. girl over 13 yrs.; moderately active woman	Active boy over 15 years	Moderately active man	Very active man	Per capita basis	
									Adults 18 to 59 yrs. counted moderately active	Adults 18 to 59 yrs. counted very active
Flour, cereals.....	70 lbs.	100	150	170	175	260	260	435	195	260
Milk, or its equivalent 1/.....	365 qts.	365	273	273	2/273	273	182	182	260	265
Potatoes, sweetpotatoes.....	100 lbs.	110	125	140	140	160	160	300	145	185
Dried beans, peas, nuts.....	- lbs.	8	18	20	25	30	40	50	25	30
Tomatoes, citrus fruits.....	50 lbs.	50	50	50	50	50	50	50	50	50
Leafy, green, yellow vegetables.....	60 lbs.	60	90	100	100	75	75	50	85	70
Other vegetables, fruits.....	40 lbs.	65	120	165	190	250	250	200	185	185
Fats 3/.....	8 lbs.	12	25	32	40	65	65	85	45	55
Sugars 4/.....	5 lbs.	12	25	35	40	50	60	65	40	45
Lean meat, fish, poultry 5/.....	- lbs.	10	30	45	55	70	75	100	55	60
Eggs.....	20 doz.	20	20	17	17	15	12	12	15	15

RESTRICTED DIET FOR EMERGENCY USE

Flour, cereals.....	85 lbs.	140	175	195	195	280	280	455	210	285
Milk, or its equivalent 1/.....	182 qts.	182	182	182	2/182	182	91	91	155	155
Potatoes, sweetpotatoes.....	100 lbs.	110	125	140	140	160	160	300	145	185
Dried beans, peas, nuts.....	- lbs.	8	18	20	25	30	40	50	25	30
Tomatoes, citrus fruits.....	50 lbs.	50	50	50	50	50	50	50	50	50
Leafy, green, yellow vegetables.....	30 lbs.	30	45	50	50	40	40	25	40	35
Other vegetables, fruits.....	25 lbs.	35	60	80	95	125	125	100	90	90
Fats 3/.....	10 lbs.	20	30	30	35	55	55	75	40	50
Sugars 4/.....	8 lbs.	10	30	40	45	65	70	80	50	55
Lean meat, fish, poultry 5/.....	- lbs.	5	15	22	28	35	40	50	25	30
Eggs.....	10 doz.	10	10	8 1/2	8 1/2	7 1/2	6	6	8	8

1/ Approximately equivalent to the food value of 1 quart of fluid whole milk; 17 ounces of evaporated milk; 1 quart of fluid skim milk and 1 1/2 ounces of butter; 5 ounces of American Cheddar cheese; 4 1/2 ounces of dried whole milk; 3 1/2 ounces of dried skim milk and 1 1/2 ounces of butter.

2/ For the adult woman this may be reduced to 182 quarts in the minimum-cost diet and to 91 quarts in the restricted diet. For the pregnant or nursing mother it should be increased to 365 quarts in the minimum-cost diet and to 273 quarts in the restricted diet.

3/ Including butter, oils, bacon, and salt pork.

4/ 1 pint (1 1/2 pounds) of molasses or heavy cane or sorgo sirup is approximately equivalent in fuel value to 1 pound of granulated sugar. The unrefined molasses and sirups are also valuable for their calcium and iron content.

5/ Quantities refer to trimmed retail cuts of pork, beef, veal, lamb and mutton, to dressed poultry or fish, and to canned meat products.

Comparative money value of the six diets

After comparing the make-up of the six diet plans in terms of quantities of the different kinds of food they contain and the variety these quantities provide, it may be helpful to consider money value as an additional measure of the level of living each plan represents. The following table states the per capita retail value of the six diet plans as set up in tables 1, 2, and 3. The figures given are based on average prices in the United States as of July 30, 1935.

Table 4. - Retail money value of the six diet plans

Diet	Per capita cost - all adults moderately active	Per capita cost - all adults very active
Liberal.....	\$210	\$232
Moderate-cost adequate..	166	184
Plan A.....	137	156
Plan B.....	135	154
Minimum-cost adequate...	119	132
Restricted.....	76	88

In addition to the kinds of food included in tables 1, 2, and 3, every family must have some accessories or miscellaneous items such as salt and other seasoning materials, baking powder, soda, yeast, tea, and coffee. Most of these articles do not yield food value and yet they are important for palatability because they add interesting variety to meals. And most of them have to be purchased.

The year's total cost for these miscellaneous items varies widely from family to family. It may vary from \$2.00 to \$5.00 per capita per year for families producing a large proportion of their food needs and living close to a minimum-cost level. If all accessories are bought at retail prices, and if a good deal of expensive tea and coffee and many expensive condiments are used, the cost of these items can mount up to considerably more than \$5.00 a year per capita. In fact, at the liberal diet level the expenditure for accessories may easily become \$10 or even \$12 per capita yearly. However, farm families can, and many of them do, reduce the cost of accessories without reducing their variety by raising seasoning herbs (which can be dried for winter use) and by making their own vinegar. With a small cash investment for pickling spices, such families can make pickles and relishes from home-produced vegetables and fruits, and thus add interest to meals at little cost.

Share of the food supply that may be home produced

It is worth while for any family to compute how much it can reduce its food bill through home production, since figures show that even with a very extensive food production program, expenditures for food may still be the largest item among cash expenditures for farm family living. Usually as much as 20 percent and often more than 30 percent of all the cash spent for all family needs goes for food. The proportion of food produced for home consumption may represent from less than one half to more than three fourths of the total money value of the year's food supply, according to studies of farm family living.

The Extension Service in a number of States has worked out suggested food production plans, taking into consideration climatic and soil conditions and other factors that affect the growing season of the locality. Such plans are valuable to farm families and may be had by writing to the Extension Service at the State Agricultural College or to the County Home Demonstration Agent.

Studies show that the proportion of food customarily produced for home consumption varies widely within any region of the United States and from region to region. Table 5 presents figures from a number of studies showing the quantities of different kinds of home-produced food that farm families consume. These figures are stated in terms of the range in estimates of yearly quantities per capita, grouped by regions of the United States. Considering New England alone, one sees that some groups of families produced no grain for home use, while others produced about 20 pounds per capita per year. In the same region, the number of quarts of home-produced milk used ranged from 110 to 320 quarts per capita per year. Comparing what is actual practice in one region in the use of one kind of home-produced food with actual practice in another region, also shows great variation and wide ranges. Table 6 translates these wide ranges into rough estimates of customary consumption of each kind of food, by regions of the United States.

If the estimated consumption of home-produced food for a specific region is lined up against the quantity of food needed for one of the recommended diet plans, one can see how much food a farm family may have to buy to supplement what is produced for home use. Table 7 does this for the East North Central region, comparing the estimates of the use of home-produced food for this region with the plan for the minimum-cost adequate diet. The food that would have to be purchased for the minimum-cost adequate plan would cost about \$46.00 per capita per year, not including accessories, according to average prices in the United States as of July 30, 1935. The food to be bought in this case represents about one third of the total retail money value of the year's supply, or in other words, home-produced represents about two thirds of the year's supply.

The items usually bought by families producing a very large proportion of their food supply will probably include some accessories, some grain products and sugar, and in most cases some vegetables, fruit, and meat to supplement the yield of garden, orchard and barnyard. Adding the cost of these items together shows that food must be included in the yearly budget of expenditures of every farm family.

Table 5.- Home-produced food: Range in estimates of yearly quantities consumed, per capita, based on averages reported in dietary studies, classified by regions.

Region	Number of averages	Grain, flour, cereals	Milk	Potatoes, sweet potatoes	Dried legumes	Tomatoes, citrus fruit	Leafy, green, yellow vegetable	Other vegetables	Other fruits	Molasses, sirups, etc.	Butter	Other fats	Lean meat, poultry	Eggs
		Pounds	Quarts	Pounds	Pounds	Pounds	Pounds	Pounds	Pounds	Pounds	Pounds	Pounds	Pounds	Dozen
New England.....	4	0-20	110-320	160-275	5-7	2-35	15-160	50-220	20-225	3-30	3-18	2-15	8-110	8-37
Middle Atlantic....	6	0-135	110-260	160-275	1-5	10-50	25-100	25-150	75-300	3-17	2-26	2-35	5-100	8-37
East North Central.	14	0-100	60-340	100-400	1-12	18-60	25-75	30-90	50-250	3-15	12-37	4-32	20-100	7-35
West North Central.	8	5-125	110-340	150-400	2-5	5-50	10-100	15-160	10-325	2-35	2-48	5-30	35-190	13-45
South Atlantic.....	14	40-165	160-620	50-250	10-18	5-70	5-150	5-150	50-600	7-28	1-47	7-55	10-190	3-25
East South Central.	8	10-200	50-550	25-325	2-40	5-100	30-225	15-230	15-550	2-47	12-30	10-67	10-160	1-37
West South Central.	3	18-30	125-440	40-175	-	5-35	5-15	20-100	25-175	2-13	10-22	9-20	10-80	10-33

Table 6.- Home-produced food: Estimated quantities consumed per capita per year based on averages reported in dietary studies classified by regions.

Item	Unit	New England	Middle Atlantic	East North Central	West North Central	South Atlantic	East South Central	West South Central
		Pounds	Pounds	Pounds	Pounds	Pounds	Pounds	Pounds
Flour, cereals.....	lbs.	4	7	25	15	90	80	20
Milk.....	qts.	225	200	200	225	1/(300)	1/(250)	175
Potatoes, sweet potatoes.....	lbs.	250	200	175	250	130	125	60
Dried legumes.....	lbs.	5	2	4	3	13	10	18
Tomatoes, citrus fruits.....	lbs.	18	25	40	30	40	30	15
Leafy, green, yellow vegetables...	lbs.	65	60	50	30	80	100	10
Other vegetables.....	lbs.	80	70	60	60	70	60	60
Other fruits.....	lbs.	110	175	135	125	1/(250)	130	100
Molasses, sirups.....	lbs.	18	7	7	4	17	15	6
Butter.....	lbs.	12	12	25	22	20	22	20
Other fats.....	lbs.	10	10	12	20	25	25	15
Lean meats, poultry.....	lbs.	70	60	80	110	110	100	2/(75)
Eggs.....	doz.	20	25	25	30	15	20	20

1/ Estimate based on available studies probably too high for population in this section.

2/ Estimate based on available studies probably too low.

Table 7.- Quantities of food to be produced per capita per year to supplement home-produced food in East North Central region, for minimum-cost adequate diet.

Item	Suggested yearly quantities of food per capita, all adults very active	Estimated yearly quantities of home- produced food per capita East North Central region	Estimated quantities of food to be purchased per capita (by difference)
Flour, cereals.....lbs.	260	25	235
Milk, or its equivalent <u>1</u> /.qts.	265	200	<u>2</u> / 65
Potatoes, sweetpotatoes....lbs.	185	175	10
Dried beans, peas, nuts....lbs.	30	4	26
Tomatoes, citrus fruits....lbs.	50	40	10
Leafy, green, yellow veg...lbs.	70	50	20
Other vegetables, fruits...lbs.	185	195	0
Fats <u>3</u> /.....lbs.	55	37	18
Sugars <u>4</u> /.....lbs.	45	<u>5</u> / 7	<u>6</u> / 40
Lean meats, poultry.....lbs.	60	80	0
Eggs.....doz.	15	25	0

- 1/ Approximately equivalent to the food value of 1 quart of fluid whole milk; 17 ounces of evaporated milk; 1 quart of fluid skim milk and $1\frac{1}{2}$ ounces of butter; 5 ounces of American Cheddar cheese; $4\frac{1}{2}$ ounces of dried whole milk; $3\frac{1}{2}$ ounces of dried skim milk and $1\frac{1}{2}$ ounces of butter.
- 2/ This is likely to be bought as cheese; 20 lbs. of American Cheddar cheese is the approximate equivalent in food value of 65 qts. of whole milk.
- 3/ Including butter, oils, bacon, and salt pork.
- 4/ 1 pint ($1\frac{1}{2}$ pounds) of molasses or heavy cane or sorgo sirup is approximately equivalent in fuel value to 1 pound of granulated sugar. The unrefined molasses and sirups are also valuable for their calcium and iron content.
- 5/ In the form of molasses or sirup; equivalent to about 5 lbs. of refined sugar.
- 6/ Purchased as refined sugar.

CLOTHING

Clothing is as a rule the second largest item in expenditures for farm family living. It is therefore desirable to study clothing needs carefully in working out the year's budget and to weigh values wisely in making clothing purchases.

Yearly expenditures for clothing vary considerably from family to family, and from year to year for any specific family, depending first of all upon the amount of money that can be allowed for this item in the family budget. In addition to money available for clothing, a number of other factors affect clothing expenditures: age and activity of family members which influence length of service of garments, changes in fashion, the homemaker's skill in mending and making over garments, the stock on hand, and standards as to what is proper in a given locality and at a given time. For example, with the depression necessitating economy, many families have lowered their standards and have worn out-of-date, shabby clothing with less feeling of inferiority than when everyone was more prosperous.

Figures showing the amount of money spent for clothing, obtained through studies of farm family living, are suggestive in planning clothing expenditures. The families studied have been grouped according to four levels of living, as expressed in terms of money value of goods and services other than saving and housing. These four levels are, for farm families, roughly comparable to the four main dietary levels described in earlier pages: the liberal, moderate-cost adequate, minimum-cost adequate, and restricted levels.

The range in yearly per capita clothing expenditures for individual members of all families studied was \$4 to \$68, with prices adjusted to March 15, 1935 level (see table 8). Per capita expenditures among low income farm families (level of living \$100 to \$199 per capita per year, minus saving and housing) was \$4 to \$48 per year. In most of the low income families in this group, the clothing costs of husbands and wives fell between \$25 and \$33 per year. Annual clothing expenditures for children 11 years of age and under ranged, in this low income group, from \$3 to \$19. For children between 12 and 14 years, the range was \$14 to \$24. In the age period of 15 to 18 years, girls cost from \$21 to \$34 to clothe, and boys from \$19 to \$34.

Age is conceded to be an important factor in the cost of clothing for young people, expenditures usually mounting to their highest peak during the late teens and early twenties, with girls spending somewhat more than boys. The figures in table 8 that deal with the two higher levels of living bear out this statement. At the minimum adequate level mentioned in the previous paragraph, no one in the family could afford more than essentials, and there is, therefore, little difference between clothing expenditures of parents and grown children.

[illegible]

Table 9.—Clothing expenditures for individuals in different age groups and percentage spent for various types of garments

Sex and age grouping	Yearly clothing expenditures	Percentage spent for -					Upkeep and repair
		Headwear	Outer garments	Under garments	Footwear	Accessories	
Children 0-5 years...	\$ 7 - 23	2 - 6	29 - 47	11 - 20	20 - 45	1 - 3	0.5 - 2.0
Girls 6-14 years....	10 - 50	3 - 7	30 - 48	9 - 18	30 - 45	2 - 5	0.5 - 4.0
Boys 6-14 years....	8 - 44	2 - 6	30 - 55	5 - 12	30 - 45	1 - 7	0.0 - 4.0
Girls 15-20 years....	28 - 91	5 - 8	38 - 58	8 - 15	23 - 31	2 - 5	1.0 - 2.0
Boys 15-20 years....	32 - 79	2 - 6	48 - 65	5 - 8	21 - 30	4 - 7	0.6 - 2.0
Women.....	21 - 111	5 - 10	43 - 60	6 - 15	19 - 33	2 - 6	1.0 - 4.0
Men.....	19 - 84	2 - 8	45 - 63	5 - 10	20 - 36	2 - 9	0.5 - 2.5

L/ Expenditures adjusted to March 15, 1935 level.

Interesting figures showing the breakdown of clothing expenditures for various types of garments and by different age groups are given in table 9. Looking at the percentages of total clothing expenditures that went for different kinds of garments one sees a striking similarity for all age groups. Headwear and footwear together took nearly as much of the clothing money as outer garments (which included dresses, coats, and suits for girls and women and coats and suits for men). As one might expect, growing and active children (6 to 14 years) spent a higher percentage for footwear than older and younger members of the family. Women and girls 15 to 20 years of age spent a larger proportion for headwear than other family members.

Studies of clothing purchased and used by farm families make it possible to set up tentative commodity budgets based on lists of garments actually used by families and the probable period of wear of these garments. However, scientific, objective tests as to the adequacy of this clothing are lacking. The fact that a list represents customary usage makes it a guide; but this does not offer the assurance that the users were sufficiently warm in winter or that they did not feel shabby and therefore unwilling to mingle with others at social gatherings.

Two clothing budgets for a farm family of five members have been set up by a committee of clothing specialists of the Extension Service in the Eastern States.* These budgets were planned on the basis of clothing customs and climatic conditions in the northeast portion of the United States, and would have to be adapted to meet different standards and living conditions in other areas. A copy is attached because sufficient data are included so that these budgets, based on the needs of a family of five, can be adapted to a family of almost any composition. The list of garments and the probable replacement rates may be helpful in planning the family's clothing, though even the less expensive of the two budgets represents a level of living somewhat higher than many rural families may be able to afford. The prices which are as of 1932 should be adjusted to current local price levels.

*"Clothing budgets for farm families," prepared by a committee of clothing specialists of the Extension Service in the Eastern States. Copy attached. Additional copies available through Director of Extension Work, U. S. Department of Agriculture, Washington, D. C.

Housing

Farm families living on farms which they operate make few expenditures that can be definitely allocated to housing, except for repairs and remodeling, and perhaps insurance. Rent and taxes usually are for the entire farm, and cannot be separated into those for the dwelling and those for the land. In planning budgets for farm families, therefore, a sum sufficient to allow for necessary repairs on the house should be estimated.

As a part of the rural resettlement and rehabilitation programs, housing needs of farm families are being considered by various agencies. Before offering help to a specific family, a representative of the interested agency should be sent to inspect the dwelling to make sure that it meets health and decency standards established for housing which are suited to that locality.^{1/} Such inspection should show what provision, if any, must be made for sanitary toilet facilities, for a safe water supply, for repairs such as patching leaky roofs, or for screens if these are lacking. It is important, too, that the number of rooms in the dwelling be adequate to prevent overcrowding, especially of bedrooms. Local county or city health authorities should cooperate in meeting problems of sanitation and water supply.

Household operation

Household operation costs include such goods and services as fuel, lights, cleaning materials, bathroom supplies, postage, and stationery. The farm family in a cold climate can cut its operating expenses approximately in half by furnishing practically all of its own fuel. The persons or agencies helping rural families with their budget plans should learn to what extent the farms in a given locality can be expected to furnish the fuel needed, since this information is a guide in estimating probable operating expenditures. Recent studies showed cash expenditures for operating made by approximately half of the families in low income groups to be from \$55 to \$110 yearly per family.

Furnishings and equipment

The year's allowance in the budget for furnishings and equipment should be based upon the individual family's needs for replacements or for new articles essential for housekeeping. For instance, one family might find it necessary to allow money for laundry tubs; another family, for a stove.

Recent farm family living studies showed that about half of the families in low income groups (value of living minus saving and housing \$200 or less per capita per year) spent \$15 to \$45 per family per year. (See table 10). Obviously, the low expenditure in this range could not be continued over a period of years. Some replacements would eventually become necessary, and would increase the cost of equipment materially in the year the purchase had to be made.

^{1/} See two volumes of The President's Conference on Home Building and Home Ownership:

Vol. VII Farm and Village Housing, chapter 6, Suggested Standards for the Farmhouse, and
Vol. XI Housing Objectives and Standards, chapter 8, Standards and Objectives of Housing.

Medical care

Since free medical services for low-income families are available in many localities, welfare workers frequently plan budgets which allocate to medical care only a sum sufficient for occasional visits to a doctor or dentist, and for inexpensive home remedies and medical supplies. The assumption is that costs of serious illness will be met by outside agencies. It may be necessary to provide transportation or the cost of transportation for rural families who are referred to a medical clinic for treatment. Studies of disbursements of farm families showed that approximately half of those in low income groups spent from \$25 to \$55 per year for medical care. Obviously this would scarcely pay for supplies for the family medicine chest, the costs of periodic dental care and of necessary medical services if there were serious illness during the year.

The Committee on the Costs of Medical Care estimated that the average per capita cost of adequate medical care would fall between \$20 and \$40 a year, if the burden were borne equally by all the population and if there were community medical centers. Without some means of spreading the costs over a large group, the costs per family will be much higher, if similar standards are maintained.

Other items

A weekly newspaper, school supplies for the children (assuming that school books are provided free of charge), occasional movies and magazines, church contributions, dues to a church society or to some community organization, and tobacco are now considered essential for family living. Even when free educational and recreational facilities are used to the utmost, the family spends something for reading matter, social contacts, church, and amusements, as the figures in table 10 show.

Personal care, including soap, dentrifices and other toiletries, and occasional services of the barber were found to range from \$10 to \$30 per family per year for about half of the families in low income groups.

Transportation expenditures, including the school bus and the family's proportional share of the costs of trips to town occasioned by the farm business, ranged from \$35 to \$85 per low income family.

Life insurance represents a fixed payment for many families which must be included in making their budgets.

Preliminary figures
Subject to revision

Table 10.- Range in yearly expenditures^{1/} for specified items of family living as shown by approximately one half of the farm family groups studied 1930-1934

Items	Per capita value of living minus saving and housing		
	\$300 - 399	\$200 - 299	\$ 0 - 199
Household operation.....	\$125 - 220	\$ 85 - 140	\$55 - 110
Furnishings and equipment.....	45 - 85	25 - 75	15 - 45
Medical care.....	50 - 100	35 - 75	25 - 55
Education.....	20 - 95	20 - 70	15 - 50
Recreation.....	20 - 50	15 - 35	10 - 30
Community welfare and gifts...	35 - 115	35 - 85	15 - 45
Personal care.....	20 - 50	15 - 40	10 - 30
Transportation.....	80 - 170	60 - 105	35 - 85

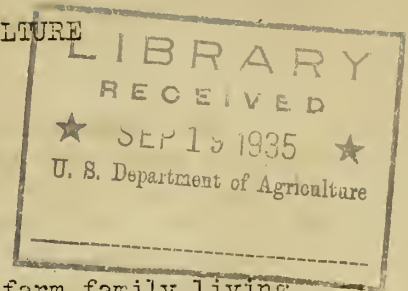
^{1/} Expenditures adjusted to the March 15, 1935 level.

Bulletins of Interest

The following publications of the United States Department of Agriculture help to solve some of the problems connected with the planning of farm family living.

- F.B. 1733. Planning a Subsistence Homestead. 5 cents.
- F.B. 1673. The Farm Garden. 5 cents.
- F.B. 1371. Diseases and Insects of Garden Vegetables. 5 cents.
- F.B. 1172. Farm Slaughtering and Use of Lamb and Mutton. 5 cents.
- F.B. 1186. Pork on the Farm: Killing, Curing, and Canning. 5 cents.
- F.B. 1415. Beef on the Farm: Slaughtering, Cutting, Curing. 5 cents.
- F.B. 1508. Poultry Keeping in Back Yards. 5 cents.
- F.B. 1652. Diseases and Parasites of Poultry. 5 cents.
- F.B. 1610. Dairy Farming for Beginners. 5 cents.
- F.B. 1471. Canning Fruits and Vegetables at Home. 5 cents.
- F.B. 879. Home Storage of Vegetables. 5 cents.
- F.B. 1674. Food for Children. 5 cents.
- F.B. 1705. Milk for the Family. 5 cents.
- M.P. 216. Meat Dishes at Low Cost. 5 cents.
- D.L. 112. Cooking American Varieties of Rice. 5 cents.
- F.B. 1553. Planning and Recording Family Expenditures. 5 cents.
- Unnumbered. Farm Home Account Book.
- M.P. 193. Present Guides for Household Buying. 5 cents.
- F.B. 1449. Selection of Cotton Fabrics. 5 cents.
- D.L. 103. Quality Guides in Buying Sheets and Pillowcases. 5 cents.
- D.L. 105. Quality Guides in Buying Ready-made Dresses. 5 cents.
- D.L. 111. Quality Guides in Buying Household Blankets. 5 cents.
- Mime. 626. Buying Guides for Costume Slips.

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.



Planning Farm Family Living

As a help in judging the adequacy of current farm family living and as a basis for planning its improvement, the following pages bring together the various guides now available. This material presents food budgets suited to different levels of expenditure or home production programs, and states their cost at average retail prices for the United States. It also includes suggested clothing budgets, and figures on customary expenditures for other items at several levels of farm family living.

Research in nutrition has afforded much information on wise food selection from the standpoint of bodily needs. This information has been translated into lists of different foods and the quantities of each needed for health, according to several levels of family living. Unfortunately, there are no such scientific standards for clothing, fuel, medical care, or for the other goods and services needed to maintain a family in health and to help families make a satisfactory adjustment to their social environment. To solve the problem of evaluating family consumption of goods and services other than food, students of family economics still turn to customary usage as a substitute for scientific standards.

"Commodity budgets," or lists of goods and services with the quantities customarily used over a given period of time, have been set up and adapted to conform to such standards of adequacy as are available. Such budgets are of value as a rough guide but must be used with discretion. No commodity budget would be suitable for use throughout the whole United States, because climate, customs, and standards, and other factors bring about differences in ways of living in different localities. In addition, a commodity budget which depicts customary consumption of a given type of family in a given locality would have to be adjusted for use in helping a specific family, since number of members, and their age, health, and occupation would affect the goods and services they use. Racial and religious characteristics of the individual family also may have their effect.

It is sometimes suggested that family consumption be judged on the basis of money needed to provide necessities of life. This is not feasible because of the difficulty of establishing a money standard. The amount of money needed by any family is affected not only by all the factors affecting the commodity budget, but by others as well. A given list of goods and services will vary in cost from time to time as price levels change, and from place to place at any one time. Limited stocks of goods in a given market may lessen the buyer's opportunities to purchase at low prices, as when the only general store in a small town provides but one grade of overalls at a price higher than is charged in a larger city.

For farm or village families who produce some of the goods and services they use, total money expenditures are less of a gauge in judging value of living than for urban families. One family may raise much of its food, and another little, because of type of land or for other reasons. Hence, the establishment of a cash value standard for evaluating living of low-income farm families, in all localities, is impossible.

Recognizing this fact, the educator or social worker interested in farm family welfare will be wary of using expenditures, except as a general guide. When used they should be based upon a list of goods and services suited to the needs of families in that locality and to local farm production possibilities, and should be adjusted to local market stocks and current prices. And as a last step, as has been said, adjustments to specific families are essential.

FOOD

A technical bulletin of the Bureau of Home Economics, U. S. Department of Agriculture, Circular 296, which describes four diets that differ in nutritive content and in cost, has been a valuable aid in the planning of food budgets. The names used to designate these four plans are: "a liberal diet," "an adequate diet at moderate cost," "an adequate diet at minimum cost," and "a restricted diet for emergency use." The following material discusses these four and two additional diet plans which are designated as "Diet plan A" and "Diet plan B." The last two have been developed especially for low income farm families.

These six plans offer help on the food budget to farm families at all levels of living. Many families will find that one or another of the plans will fit their circumstances perfectly. Others may work out a food budget that lies somewhere between two of the six plans suggested.

The kind of a diet plan a farm family adopts usually depends both upon the cash income and the possibilities of food production for home use -- the size of the garden and orchard, the amount of grain products and of sirups that can be produced, the size of the poultry flock, and the number of animals available for the family food supply. The home production program is, of course, affected by the size of the farm, the condition of the land, climatic conditions, the season of the year when the planning for food production is first done, and the amount of capital and labor that has been or can be invested.